From 9 am - 10 am:

Language (Vadatu Sanskritam): The session was jointly coordinated by Mr. Ashutosh Mishra, Assistant Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East) and Dr. Jyoti Rathi, HOD and Associate Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East).

The lecture started with prayer. लिङ्ग & वचन explained to students. Students were asked to make sentences based on लिङ्ग & वचन. The aim of this lecture series is to create a language environment for students to acquire the language skills assessed by their conversation and usage of the language.
From 10 am – 11 am:

**History, Philosophy and concept of ASU - Introduction by eminent Person:** The guest speaker for this session was respected Dr. Jayashri Vaidya, Professor, Dept. of Sankrut-Samhita-Siddhant, Yerala Medical Trust’s Ayurved College, Kharghar (West), Navi Mumbai. Madam explain the brief history of Ayurveda. Madam in her presentation elaborate the Veda, Purana and Ayurvedic Samhita philosophy with the critical appraisal and encouraged student toward critical reading.

- History
  - Concept of Jīvadhātun
  - Prāna and Apana Vāyu
  - Some surgeries like joining broken body parts together
- शास्त्रीय
  - Importance of cow milk and other products
  - Mention of diseases – gastro-enteritis, bleeding disorders, hemorrhoids
From 11 am – 12 pm

Role and impact of physician in the society: This session was conducted by respected Dr. Rujuta Omprakash Dube, Trustee, HOD and Professor, Dept. of Stri-Rog and Prasutitantra, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). In her very insightful presentation madam overview the four pillars of treatment i.e., Chitsachatushpad. Madam explicated the seven roles of physician with the very appropriate examples and advised student to be aware of their responsibilities and role in the society as they are going to play a central role in the society.
From 12 pm- 1 pm:

**Basics of Prakriti Pareeksha:** The session was conducted by Dr. Sulbha Bhosale, H.O.D. and Professor, Dept. of Kriya Sharir, S.N.K.D. Trust’s Nallasopara Ayurved Medical College, Nallasopara (East). Madam introduced the topic Prakruti very concisely and explained the importance of Prakruti in Ayurved treatment as Ayurveda believes in Pratipurush Chikitsa siddhant. The sub topics-- definition, formation, factors associated with formation, importance and types viz, Doshaj, Manas, Bhautik, Jatyadi prakriti etc. covered.
From 2 pm – 4 pm:

**Skill- Basic life support (BSL) and First Aid:** The resource person for this session was respected Dr. Ramdas Garaje, Chief Ayurved Consultant and Medical Director, Garje’s Ayurvedic Clinic. Sir explained each step to be followed in Basic Life support very significantly through his very well created PowerPoint presentation and guide students how to handle Emergencies at the Basic level. Sir has given a detailed introduction to First Aid in case of electric shock, broken bones and burn. Also explained the characteristic of a Good first Aider. Sir also Explained Do’s and Don’ts in different Situations (like Fainting-First Aid, Burn- First Aid, etc Nose Blood- first Aid).